

Hello All;

I have great news! On **Thursday, June 24<sup>th</sup>** and **Thursday, July 15<sup>th</sup>**, the Center for Living Education will be holding a “**Lunch with the Expert**” lunch & learn seminar. **Dr. Wexler** is coming to our location to give these informative presentations. The details are as follows:

**THURSDAY, JUNE 24<sup>th</sup>** : “**The Science of Nutrition: How a Healthy Diet Creates a Healthy Future**”! This will convene at noon in the Edward H. Delott meeting room on the second floor of Town Hall. The presentation will last approximately 45 minutes to one hour, including a question and answer period.

**THURSDAY JULY 15<sup>th</sup>** : “**Relaxing The Ties That Bind: Learning to Recognize and Release Stress**” in the **Training Room**. This presentation will also meet at noon and last approximately one hour.

In addition, there will be **FREE SANDWICHES** provided for those who **sign up!** Please note, if you sign up for either seminar, attendance is mandatory. **Remember to sign up and submit your respective staff attendees to PERSONNEL no later than Tuesday, June 15<sup>th</sup>.**

Thanks, and hope to see you there

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